Turkey Chili

Turkey chili is tasty take on the winter favorite. Although it is similar to beef chili, there is the potential for more variance in flavor. Some people prefer to add more tomato base, or spices, to turkey burger. While other people prefer to add vegetables and/or chicken to their turkey chili. This is a great winter meal that can be made in large quantities easily and frozen for a later time. It can be frozen in small quantities to be used in the summer on hot dogs. While frozen, it can easily be transported in an ice chest for long distances.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices
- Tomatoes
- Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of ground turkey

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
46 ounces of tomato juice
15 ounces of tomato sauce
Optional:
2 cups of diced onions

Other ingredients:
1 teaspoon of salt
Spices such as pepper to taste
Optional:
2 cups of shredded cheese
Up to 1/2 cup of chili powder
1 box noodles (gluten free)

Preparation time: 10 minutes

Preparation:

1. Chop turkey into cubes and add to 8 quart pan with lid.
2. Optionally: Use 2 pounds of ground turkey. Fry in the 8 quart pan before adding other ingredients.
3. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
4. Stir frequently until mixture comes to a boil.
5. Lower temperature 1/3.
6. Cover, and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.